STYLES OF YOGA

Find out about the style of yoga that has been allocated to you, so that you can share what you have discovered and feedback to others on Day 8 or Day 9. (Very informal – just a few minutes each).

You might want to consider:

- Where and when it originated?
- Who created the style?
- What differentiates this style from others?

Iyengar	Keith
Ashtanga	Vicki
Jivamukti	Ellie
Yin Yoga	Christine
Dru Yoga	Steph
Restorative Yoga	Niki
Viniyoga	Phillipa